

CHICAGO HAS 5,000 POLICEMEN - ATHLETES

WILLARD W. GARRISON

LEG LIFT TEST



TRACTION TEST OF ARMS



DOCTORS GIVING MEDICAL TESTS



ABDOMINAL MUSCLES TEST

service law the Chicago police, fire and stationary engineers' departments now have a standing eligible list, the number of names running up into the hundreds. Hence neither Chief of Police Shippey nor Fire Marshal Horan are ever worried about securing good, sturdy men. They are always on hand ready to report for duty at a moment's notice.

Scarcely a month passes but that new themes of work are suggested to the civil service commission, tried out and either accepted or rejected. It was the civil service body which gave the impetus to the move for an ideal police force and which eventually resulted in the formation of Chicago's famous "beauty squad" of coppers under the direction of Maj. Boudet, a soldier who has seen service in the Cuban campaign in the Spanish-American war.

Maj. Boudet and his "beauty squad" head the list of Chicago policemen-ideals and the force is proud of them. The beauty squad pays more attention to soldierly tactics than other sections

EAST of Pittsburgh they look upon the man who goes to Chicago as brave. A woman visitor is hailed as a heroine upon her return. They regard Chicago as the frontier of the United States, teeming with wild holdups, ghastly murders, the mecca for confidence men and desperado gangs.

Such is not the case today. Perhaps it was a quarter of a century ago, but the present-day Chicago is perhaps the most carefully guarded city in the country.

The why and wherefore of this greatly improved condition is 5,000 policemen-at-arms. And the reason for the athletic force is the civil service law with its physical requirements, which the man who would become a "cop" must equal or excel to become a full-fledged minion of the law.

He must have a perfect chest, heart, lungs, his muscles must be strong, his bones well knitted, he must be at least five feet eight inches in height, and not more than six feet five inches. Applicants in taking physical tests must tip the scales between 150 and 250 pounds.

Obesity, muscular weakness and poor physique are insurmountable barriers to the man with a craving for a place among the "finest." Every muscle in the body undergoes a test, which is made by the use of machines and weights. The Chicago policeman must be able to carry himself well, he must be shifty on his feet, quick to think and act. His eyes and ears must be perfect and his family tree must be absolutely devoid of hereditary diseases.

In fact the Chicago force today is one which demands that a man be a soldier, athlete and minion of the law combined. During certain months each year examinations are conducted and during the fiscal year 1914 6,000 men were examined. Of this number about one-half were successful. First the doctor looks over the applicants, then the physical examiner takes the men in hand and puts them through the most rigid tests required anywhere in the world. After that the written examination is given in which each applicant's education is brought to the fore.

Civil service tests are severe and absolutely honest. It is up to the applicant himself to pass the tests. You cannot be appointed upon the Chicago police force by possessing acquaintance with a man "with a pull." So great has been the success of the system installed by President Elton Lower of the civil service commission and his aides—H. D. Fargo and M. L. McKinley—that today every city of any size in the United States has its eyes focused upon the details and methods employed by the Chicagoans.

Since President Lower became the leading light in the work of giving Chicago an efficient police force, great stride, have been taken by the city toward making its citizens absolutely safe from criminals.

Physical Examiner Edward G. Westlake is in a measure responsible for bringing out the best bodily qualifications in the men who are turned over to him for inspection.

Says Examiner Westlake: "Stage fright during the physical examination is one of the worst setbacks which the tests meet. When a man becomes 'flustered,' knowing that a good job depends upon his every movement, it is quite natural that the best he knows will not push itself to the surface. Hence it is the duty of the examiner to allay the fears of the applicant as much as possible."

"Consequently I have found that it helps men to do their best by applying suggestions and occasionally allowing a man to lay off for a few moments until he can compose himself. When the period of embarrassment passes, as it invariably does, the best that is in the applicant is bound to come out. The men take the tests purely upon their own merits and perhaps the most severe of the weight-lifting requirements is that of lifting a 30-pound dumb-bell from a lying posture, the weight being held back of the applicant's head. This is to test stomach muscles. It does not

seem difficult to the observer, but try it just once and you'll feel that passing the physical test is far from easy."

Mr. Westlake is a newspaper man on the staff of the Chicago Evening Post and his 20 years in the newspaper business, part of which was spent in knocking about in police districts as a reporter, taught him much regarding the needs of the department. Before he entered a newspaper office, he served as a railroad fireman. The constitution which that rigorous vocation gave him, along with an enviable muscular development, has stood him in good stead in demonstrating the use of the tests before admiring gatherings of would-be "cops."

Firemen and stationary engineers are also included in the civil service physical tests and today Chief Horan of the fire department is working hard with the civil service officials to have the standards raised so that an even sturdier force may be secured to battle with Chicago conflagrations. Following is a table, showing what is required in the way of height and weight before the strength and agility tests are given:

Height	Minimum Weight	Maximum Weight	Force of Chest
5' 0"	150 pounds	190 pounds	35 lbs.
5' 1"	155 "	195 "	35 1/2 "
5' 2"	160 "	200 "	36 "
5' 3"	165 "	205 "	36 1/2 "
5' 4"	170 "	210 "	37 "
5' 5"	175 "	215 "	37 1/2 "
5' 6"	180 "	220 "	38 "
5' 7"	185 "	225 "	38 1/2 "
5' 8"	190 "	230 "	39 "
5' 9"	195 "	235 "	39 1/2 "
5' 10"	200 "	240 "	40 "
5' 11"	205 "	245 "	40 1/2 "
6' 0"	210 "	250 "	41 "
6' 1"	215 "	255 "	41 1/2 "
6' 2"	220 "	260 "	42 "

Before the applicants face Physical Examiner Westlake, they are scrutinized by physicians and records show that 60 per cent. are rejected. To show some of the men's overestimation of their qualifications it is recorded that recently 1,500 blind applications in a bunch and of this number only 370 succeeded in emerging unscathed from the medical, physical and mental tests.

Mr. Westlake lays out a table of tests, showing the figures which indicate meritorious performances. The table:

Capacity of lungs	Strength Test
Strength of back	250
Strength of legs	500
Strength of upper arm (H. P.)	10-10
Strength of fore arm (H. P.)	8-8
Pectorals	83
Traction pull	57
Dumb bells	50
Abdominal muscles	50
Adductors	145
Rope	100
Ladder	100
Agility	100
Condition (Excellent, Good, Poor)	100

Successful applicants must be able to expand their lungs about four inches, exhibit strength of back, legs, upper and lower arm. Then there is a test of the pectoral muscles, a traction pull, the lifting of dumb-bells weighing 60 and 70 pounds, testing of the abdominal muscles by the lifting of a 30-pound weight behind the head from a prostrate to a sitting posture.

Following these tests come rope and ladder climbing, which, with the agility examination complete the physical work. Then the applicant's condition is marked "excellent," "good," "poor." As a result of the requirements of the civil



PECTORAL MUSCLE TESTS

of the force and is perhaps something of an experiment in the proposition of introducing military tactics into the work of the policemen.

Maj. Boudet's charges perform a manual of arms, which, if anything is more complicated than that which the soldier is compelled to learn. One of the prettiest sights imaginable is the series of evolutions which these policemen carry out. There are some tax-paying Chicagoans who scoff at pretty evolutions, but they, Maj. Boudet claims, are not of the far-seeing class. He points out that the drilling of policemen in this manner teaches them to handle themselves with grace and ease and makes them abler in the duties they perform.

Only recently the beauty squad, about 100 strong, gave militiamen of the First Illinois infantry, stationed at Chicago, a drill exhibition in the big First Regiment armory. So perfect were the evolutions that even the soldiers were awed. The policemen formed revolving wedges, hollow squares, five-pointed stars, circles and other ingenious formations, the perfection of which had taken them months to accomplish.

The squad is formed on the order of a military company. There is Maj. Boudet at the head, a first and second lieutenant and the regulation number of sergeants and corporals.

Gaining a place on the Chicago police force today is perhaps as difficult a feat as the average man of middle age would care to attempt, and for that reason the department is composed of the best physiques that the city can furnish. The same is true of the fire department, the efficiency of which is evidenced by the fact that during the past fiscal year every conflagration in Chicago was put under control before the fire could spread to adjacent buildings.

The medical test, which firemen as well as policemen undergo, follows:

IS THE RESPIRING MURMUR clear and distinct? Is the character of the Respiration Full, Easy and Regular? Are there any indications of Disease of the Organs of Respiration or their Appendages? IS THE CHARACTER of the Heart's action Uniform, Free and Steady? Are its Sounds and Rhythm Regular and Normal? Are there any indications of Disease of this Organ or of the Blood Vessels? IS THE APPLICANT subject to Cough, Expectoration, Difficulty of Breathing, or Palpitation? ARE THE FUNCTIONS of the Brain and Nervous System in a Healthy State? Has the Brain or Spinal Cord ever been diseased? IF THE APPLICANT has had any serious Illness or Injury, state expressly what effect, if any, is perceptible in the Heart, Lungs, Kidneys or other Abdominal Organs, or the Skin, Eyes, Ears, Limbs, etc. Has applicant been successfully vaccinated? ARE TITMORS or Evidences of Surgical Operation? HAS THE APPLICANT any predisposition, either hereditary or acquired, to any constitutional disease, as Phthisis, Scrofula, Rheumatism? HABITS use of Stimulants and Tobacco?

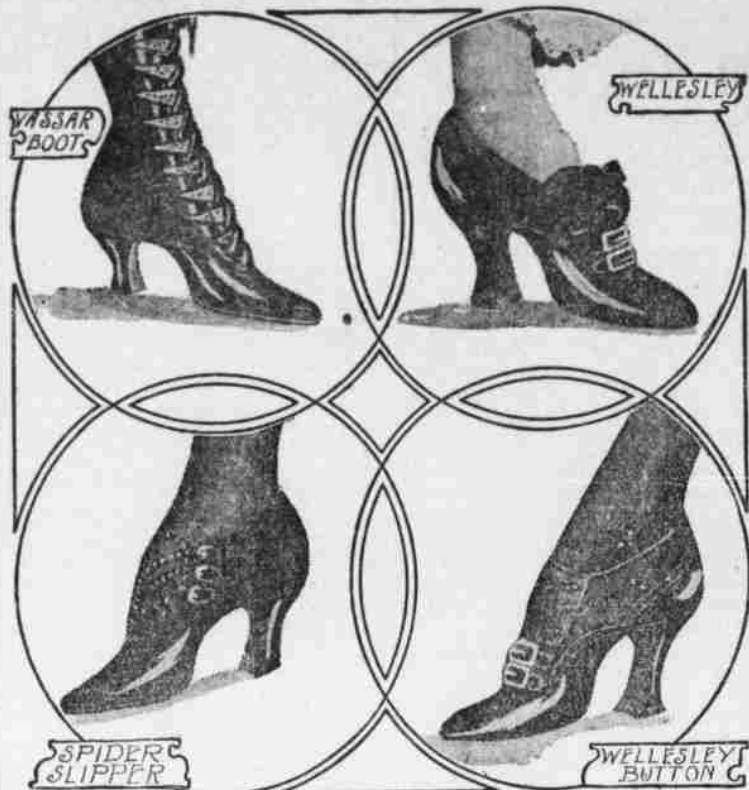
a little over half an acre. The intending purchaser must be the possessor of 240 francs (\$48); which if he has it not, is provided by the state, and the moment he deposits the money he becomes proprietor of the holding. He must insure his life and must undertake that he and his children will cultivate the land. Each district has its own "guarantee" company and intermediary which act for the state. Each company must have a capital of \$40,000, of which half is to be held in reserve. A capital of \$20,

000,000 has been set aside for loans at two per cent.

The original idea was to provide these homes for workers aged 50 or 60 years. But it has been decided to give younger people a chance—for instance, soldiers having completed their service—who will marry and bring up a family on the land.

Example is more powerful than precept; whereof you remove another he unblameably yourself.—George Washington

Styles In Shoes



IF YOU wish to be in the ranks of the fashionable, you must wear shoes which match your gown. So say the authorities in whose hands lies the awful power of dictating what women shall wear. They do not delude to give good reasons, for so autocratic is their power that they can command obedience in a manner more absolute than can the czar of Russia.

The prevailing color is to be green, and to meet the mode shoe manufacturers have put forth a green suede shoe to match the gowns. There is a great variety in this article, and one of the most fashionable styles consists of what is known as the sheath boot. This is nothing more than the old-fashioned ten-strapped sandal. Instead, however, of having straps the shoe is made like an ordinary Napoleon boot, but the tops are cut in a sort of diamond pattern and therefore show a good deal of open work. The buttons are run right down the front of the shoe and afford the button manufacturer an opportunity to do some fancy ornamenting on the buttons. Incidentally all the diamonds cut in the top of the shoe are finished in embroidery.

The most decided change in the new shoe will be the edge trimming. Instead of having the edges trimmed close there is to be considerable leather on the outside of the shoe. With the moderate shaped toe now in use by the manufacturers of lasts it is claimed that a wide seamed sole is necessary to bring out the good points of the shoe. It is further said that full soles across the ball of the shoe prevent it from losing its shape.

One of the most artistic designs which has been put out consists of a

cross strapped slipper buckling close to the instep. Three frogs decorate the shoe under the straps. The toe is pointed sharply and ornamented with a buckle. The heel is higher than has been fashionable with the summer shoes, allowing a decided arch to the instep.

For those who desire a high shoe the Vassar boot should meet all requirements. These goods are being put out in bronze or soft black kid and in colors to match the fashionable shades in gowns, which are dull blue, wistaria, bronze and the new shade which is popularly known as sand color, having derived the name from its resemblance to the sand on a beach when the sun shines on it. This shade is one of the most beautiful in vogue for some time and is sure to be popular in shoes and gowns.

This shoe, which is distinctly individualistic, has 11 straps, the series culminating with a bow at the top of the shoe. The high Louis XV. heel is in general the style, but it is being manufactured also with the Cuban heel, which has made such headway lately.

The most noticeable tendency in modern footwear is towards an increase in ornamentation on the toe-cap. The spider slipper represents an extreme in this respect. These goods made of suede or kid, are heavily beaded and fasten with three straps of extremely ornamental pattern. The shoe is made with the Louis XV. heel and a long and slender last. It is declared by the authorities that shoes of this style will be highly popular during the winter in spite of the fact that the protection that they afford the foot is extremely small.

DRESSING JACKET OF MUSLIN.

Ribbons and Embroidery Help to Elaborate the Garment.

For a useful dressing jacket nothing is better than white spotted muslin, as it washes so beautifully. This has a V-shaped yoke, edged with button-hole embroidery to thread ribbon through; the material is gathered at



the top and set to yoke under the embroidery; puffed sleeve gathered into a band of embroidery, through which ribbon is threaded, with a frill of muslin, trimmed with insertion and lace.

Materials required: Four and one-half yards muslin 30 inches wide, two yards buttonhole embroidery, one yard narrow lace, 1 1/2 yards wide lace, one yard insertion, three yards ribbon.

A New Shade.

The new color, manille, much seen in Paris in model hats and gowns, is a very dark brownish taupe and was seen the past summer on several hats designed by certain Parisian milliners.

It is an especially becoming shade to almost every woman, especially to those past the bloom of youth, and, lightened by brighter tints, it will do quite as well for the still youthful woman.

There are some astonishing color combinations in evening frocks being shown. An example is of royal blue over green, and that of a vivid shade, the blue being tulle and the satin green. Pale but clear green trimmed with a clear, bright mauve is also offered.

Make Stockings Last.

When buying boys' stockings, purchase as long as can be had. Before wearing, sew a neat tuck around the ankle. When the stocking is worn at the knee let out the tuck and the worn part will be raised so as to be covered by the trousers, and the stocking will be as good as new.

BEAUTY IN THE EXPRESSION.

Kindliness and Good Nature Redeem the Plainest Features.

One of the first things that the girl who is seeking for beauty must think about is her expression. You will notice the plain girl whose face is "so expressive," when you would never even see the girl whose features were beautiful, but whose face lacked expression. Every one enjoys looking upon a young girl whose bright, laughing eyes light up her already cheerful, smiling face. When you meet such a girl as this your mouth forms a smile in spite of you. But when you meet the woman who is always whining or the one whose imaginary ills bore you to death, then how do you feel? You become irritable and cross, and you wish you never had met her.

Imagine then your effect upon other people, and if you feel that it is not as pleasant as it might be make it so at once. Good nature is an ideal beautifier. It brightens your eyes, discourages approaching wrinkles, and brings tints of the rose into your cheeks, while a cross disposition makes your eyes fretful and surrounded by crow's feet, and your mouth droops at the corners and makes you look years older.

Velvet Empire Belts.

Dead white cloth, chiffon cloth and silk will be used this winter for elaborate indoor garments. To give these color a wide, soft belt of velvet is to be added. The effect is quite vivid. The smart women in Paris have been wearing these belts constantly at the races during the last few weeks, and there seems little doubt that the fashion will be taken up here.

It is about four inches wide, is not folded, but left quite plain. It may be of ribbon or of shaped velvet in the piece. It is put around the figure just below the bust and simply hooked at the back or front under a flap.

Green Hats for Girls.

The olive green hats that have topped the heads of young men the first few days of fall have been taken up with enthusiasm by young girls. Some of these have the pheasant's wing in the front just as it is worn in the Alps. The hat is used by girls for school wear in the same rakish way of the summer panama.

It looks very well with the first fall coat suit, and is far more becoming than the stiff or the floppy Corday.

Comfort in Winter Fashions.

There is a gleam of comfort in fashions for the winter as they are appearing now. Hats—that is to say, some of them—will be by no means difficult or expensive to duplicate. Fortunately for those whose purses are limited, there is one pronounced mode in which the shapes are all simply covered with satin and have only a wing or an egrette for trimming. Any little milliner can cover one of the frames, and it requires no experience to attach the feather.

Figures and Stripes.

Figures and stripes are predominant for short skirt walking costumes.

PERUNA A TONIC OF GREAT USEFULNESS.



HON. R. S. THARIN.

Hon. R. S. Tharin, Attorney at Law and counsel for Anti-Trust League, writes from Pennsylvania Ave., N. W., Washington, D. C., as follows:

"Having used Peruna for catarrhal disorders, I am able to testify to its great remedial excellence and do not hesitate to give it my emphatic endorsement and earnest recommendation to all persons affected by that disorder. It is also a tonic of great usefulness."

Mr. T. Barnesscott, West Aymer, Ontario, Can., writes: "Last winter I was ill with pneumonia after having la grippe. I took Peruna for two months, when I became quite well. I also induced a young lady, who was all run down and confined to the house, to take Peruna, and after taking Peruna for three months she is able to follow her trade of tailoring. I can recommend Peruna for all such who are ill and require a tonic."

Per-na Tablets.

Some people prefer to take tablets, rather than to take medicine in a fluid form. Such people can obtain Peruna tablets which represent the solid medicinal ingredients of Peruna. Each tablet is equivalent to one average dose of Peruna.

TOO MUCH.



Arabella—Ah, John, there was a time when you couldn't see enough of me. John—Well, I can see plenty of you now, can't I?

NOT UP TO THE RECORD.

Boy Had, at Least Once Seen Larger Pedal Extremities.

A pupil of one of the public schools in Chicago sends this communication: "Dear Sir: In our school this morning an amusing dialogue took place. 'A primary teacher of Chicago, wishing to impress on her pupils the necessity of greater quiet, said: 'I am a great deal larger than any of you, yet I don't make any noise when I walk around the room.' 'Perhaps,' remarked little seven-year-old Kenneth, 'you don't wear shoes.' 'Oh, yes, I do,' quickly replied the teacher; 'just look. Did you ever see any larger than mine?' 'Kenneth surveyed them carefully. 'Yes,' he replied, slowly, 'once—in a show.'—Waverly Magazine.

He Would Talk.

"This is a busy wire, I tell you," roared the excited man in the telephone booth. And from the other end of the wire came this: "I don't care, I will talk."

"Get off the wire!" shouted the other, beside himself. "You don't want to talk with me."

But it was no use. "I've paid ten cents to talk," came the answer, "and I'm going to do it."

And talk he did, busy wire or not.

ASTONISHED THE DOCTOR

Old Lady Got Well with Change of Food.

A great scientist has said we can put off "old age" if we can only nourish the body properly.

To do this the right kind of food, of course, is necessary. The body manufactures poisons in the stomach and intestines from certain kinds of food stuffs and unless sufficient of the right kind is used, the injurious elements overcome the good.

"My grandmother, 71 years old," writes a N. Y. lady, "had been an invalid for 18 years from what was called consumption of the stomach and bowels. The doctor had given her up to die."

"I saw so much about Grape-Nuts that I persuaded Grandmother to try it. She could not keep anything on her stomach for more than a few minutes."

"She began Grape-Nuts with only a teaspoonful. As that did not distress her and as she could retain it, she took a little more until she could take all of 4 teaspoonfuls at a meal."

"Then she began to gain and grow strong and her trouble in the stomach was gone entirely. She got to enjoy good health for one so old and we know Grape-Nuts saved her life."

"The doctor was astonished that instead of dying she got well, and without a drop of medicine after she began the Grape-Nuts." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pinks.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

HOMESTEADS OF SMALL SIZE

French Government to Aid Workingmen to Provide for Future.

There is no country in the world where the land is so subdivided as in France. Nevertheless, the rural districts are being deserted for the larger cities, and now thoughtful politicians, headed by M. Ribot, are trying to plan for getting the population "back to the land."

A bill passed in the chamber last spring is now beginning to come into operation. Its object is to give town and country laborers an opportunity to acquire on easy terms a plot of land and a homestead. This plan, it is argued, is a better provision for the average of life than any old age pension fund. The plot of land must not cost more than \$240, its extent being limited to

little over half an acre. The intending purchaser must be the possessor of 240 francs (\$48); which if he has it not, is provided by the state, and the moment he deposits the money he becomes proprietor of the holding. He must insure his life and must undertake that he and his children will cultivate the land. Each district has its own "guarantee" company and intermediary which act for the state. Each company must have a capital of \$40,000, of which half is to be held in reserve. A capital of \$20,